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## HOW TO BEAT THE HOLIDAY HANGOVER

HEALTH, FITNESS EXPERTS GIVE SEVEN SURVIVAL TIPS FOR THE FESTIVE EXCESS OF THIS TIME OF YEAR PAGE 13

# Riders lose key defensive player in draft

**Keith Shologan taken by Ottawa.**

Saskatchewan fortunate to lose only one starter to expansion Redblacks, Taman says

MARCO VIGLIOTTI
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There's no time to rest on the laurels of a historic championship season for the Saskatchewan Roughriders.

Less than a month after claiming the Grey Cup on home field, the Riders have begun a quest to repeat as CFL champions — in part, by avoiding having their starting roster stripped by the fledgling Ottawa Redblacks in Monday's league-wide expansion draft.

But the draft saw Ottawa select non-import defensive lineman Keith Shologan, the most high-profile Riders player chosen by the Redblacks, who decided against taking a chance on the Green and White's star, pending free agents — running back Kory Sheets and receiver Weston Dressler.

"It was tough (to lose Shologan). When you have a veteran like that ... (he's) been such a good, solid player," Brendan Taman, Roughriders general manager, told reporters at Mosaic Stadium following the three-round draft.

Shologan, 28, was Saskatchewan's first-round pick in the 2008 CFL draft and has suited up for 88 regular-season games with the Riders over the past six seasons.

The Redblacks also took offensive lineman James Lee and defensive tackle Zack Evans from the Riders in the draft.

Taman said it's difficult to part with all three players, though he acknowledged that the Riders are fortunate to lose only one starter in Shologan.

"We were hurt with Keith, obviously, Zack — and James is going to be a good young player for them," he said, noting that the Calgary Stampeders and B.C. Lions are losing quarterbacks Kevin Glenn and Thomas DeMarco, respectively, to Ottawa through the draft.

"We were fortunate. We had some starters that were exposed."

A major focus going into the draft, according to Taman, was maintaining the Riders' starting offensive line.

"To lose one of those guys," he added, "would have been very difficult."

Roughriders general manager Brendan Taman speaks to media on Monday after the expansion draft, saying it's difficult to part with starting defensive lineman Keith Shologan. Inset: Shologan celebrates a touchdown during a game against the Hamilton Tiger-Cats at Mosaic Stadium in August 2009.
MARCO VIGLIOTTI/METRO; INSET: GEOFF HOWE/THE CANADIAN PRESS

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TYLENOL NIGHTTIME

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"Number one job site" based on six-month average online job postings for period ending October 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.

Appeal

## Treasurer will get jail time rather than house arrest for $175,000 theft

A former union treasurer in Saskatchewan convicted of stealing $175,000 is going to jail.

Diane Bethke, who worked for the City of Moose Jaw, was originally sentenced to house arrest.

The Crown appealed, saying house arrest was too light and didn't serve as a deterrent to others.

The Court of Appeal agreed and has ruled that Bethke should serve 15 months of jail time.

The appeal court gave Bethke credit for time served under house arrest, leaving nine months to serve.

A civil suit against Bethke is ongoing as the union tries to get back all of the money that was stolen.

President Ryan Nelson says union members are currently paying extra fees to straighten out their financial situation.

"Our primary concern has always been and continues to be, recovering the funds for the local and its membership," Nelson said.

CHAB/THE CANADIAN PRESS

$840 fine

## Mind your safety rules, or you might be set up for a fall

A Saskatchewan company and an individual have separately pleaded guilty to not using proper fall-protection systems.

101176473 Saskatchewan Ltd., operating as Big Hammer Construction, pleaded guilty to one count of failure to use a fall-protection system at a work area where a worker may fall three metres or more.

The company was fined $840 earlier this month.

The charge stemmed from a routine inspection.

In an unrelated case, Mark Derbowka of Regina pleaded guilty to the same violation and was fined the same amount on Dec. 10.

THE CANADIAN PRESS

# This is flippin' generous

**Jumpstart.** Esteemed snow bros will again host fundraising gala to get kids into sports

MARCO VIGLIOTTI
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Saskatchewan's famed snowboarding siblings are again hosting a holiday bash in support of a national charity that helps financially disadvantaged kids get into organized sports.

Craig and Mark McMorris will host the fundraising gala on Dec. 23 at Regina's Crave restaurant for the benefit of Canadian Tire's Jumpstart program.

"The brothers aren't able to get home as often as they like, but when they do get home, they are constantly reminded of the role Saskatchewan had in providing them with their opportunities," said Kyle Addison, one of the event's organizers.

The inaugural gala last year raised nearly $5,000 that helped nine local children participate in organized sports.

The brothers have since added a corporate element, through which businesses can kick in a minimum of $1,000 each.

"Mark and Craig were very interested in Jumpstart's initiative because they feel extremely privileged for their opportunity to follow their passion in sports," Addison said.

"(They) would like all children to have the same opportunity they have had."

Tickets are priced at $10 and available at the Coda clothing store and Cade Style Lounge.

It's been a banner year for the McMorris brothers, who recently starred in an MTV Canada docu-series that presented a behind-the-scenes look at the duo as they travelled and competed across the globe.

Mark McMorris finished in first place in the snowboarding slope-style event at the Dew Tour iON Mountain Championships on Sunday in Breckenridge, Colo.

He won two gold medals at last January's Winter X Games in Aspen, Colo.

Carve a path

**"(Mark and Craig McMorris) would like all children to have the same opportunity they have had."**

Kyle Addison, one of the Jumpstart organizers

Mark McMorris flips off a jump during the snowboarding slope-style final at the Dew Tour iON Mountain Championships on Sunday in Breckenridge, Colo. Inset: An ad for the fundraising event. JULIE JACOBSON/THE ASSOCIATED PRESS, INSET: CONTRIBUTED

# Province's new website aims to be leaner, cleaner

Saskatchewan's newly revamped government website went live on Monday, with its creators promising far easier access to vital information.

Saskatchewan.ca replaces the province's website gov.sk.ca, which was given failing grades after several accessibility tests. In addition, 69 per cent of users have reported that they have had difficulty finding information through it.

Instead of having government ministries post information, the $1-million website has become a central stop for most Saskatchewan-related information. It organizes topics under four headers: Live, Work, Play and Government.

The mobile- and tablet-friendly website also contains links to popular searches, such as those for the Highway Hotline, winter road safety, jobs and business registrations.

Mario Dabrowski, a lead front-end developer with Climax Media, said Saskatchewan.ca appears to deliver on its promises.

After typing the words "report an accident" on the new website's search bar, he was directed to SGI's auto claims page. A similar search on the old website first gave him a link to an accident report for government employees.

So it is any good?

**"It's certainly better than the old website and easier to navigate but ... it's too early to say."**

Mario Dabrowski, a lead front-end developer with Climax Media

"It's certainly better than the old website and easier to navigate but ... it's too early to say until more people actually start using it," Dabrowski said from Toronto.

Though the old website continues to operate, Saskatchewan.ca is expected to become the main choice by 2014. SARAH TAGUIAM/METRO

# Spring thaw. Nenshi says Calgarians are mentally ready for next high water

Calgary's physical defences against flooding will be only marginally better by next spring, but Mayor Naheed Nenshi believes the city is psychologically prepared to deal with another major high-water event, should one occur in 2014.

"Of course, if we had another incident like this, it would be psychologically devastating, but I think we've built up human resilience in addition to physical resilience," Nenshi told Metro in an interview.

"One thing I didn't talk about much during the flooding – but was always just below the surface of the work that I was doing – was the mental and emotional well being of people," the mayor added. "One of the reasons I pushed so hard to encourage people to volunteer and to help out neighbours and strangers wasn't just to get the basements cleaned up more quickly. It was actually so that people who, in the worst period of their lives, when they were feeling so beaten down, would know they live in a community where others care about them."

City manager Owen Tobert noted, however, that the city still has lots of post-flood work to do on projects like riverbank reinforcements and resources are limited.

ROBSON FLETCHER/METRO IN CALGARY

**Calgary's psyche**

**"We've built up human resilience."**

**Naheed Nenshi, Calgary mayor,** speaking of Calgarians' resilience after spring floods.

Calgary Mayor Naheed Nenshi addresses media during the flooding crisis in June. METRO FILE

**Toronto police**

## Cops sued for alleged racial profiling

Four black Toronto teenagers who were stopped by police and thrown in jail two years ago have filed a lawsuit against the officers alleging they were targeted because of their race.

The plaintiffs allege the officers had no reasonable or probable grounds to believe they had committed an offence on Nov. 21, 2011.

A statement of claim alleges the officers who stopped the teens "acted with ... racial bias, malice and bad faith". None of the allegations have been proven in court.

THE CANADIAN PRESS

**Canadian prisons**

## Inmates more likely to get HIV, study shows

A new study suggests federal and provincial inmates are more likely to be infected with HIV because of the lack of adequate treatment in facilities where syringes are shared.

Researchers at the BC Centre for Excellence in HIV-AIDS say authorities need to urgently improve treatment and promote programs such as needle exchanges.

The study conducted between May 1996 and March 2012 regularly interviewed 657 inmates who were HIV positive and used injection drugs. THE CANADIAN PRESS

# Moore apologizes for hungry child remark

**'Insensitive.'** Industry minister changes tune from 'out of context' to sorry after full radio clip posted online

KATE WEBB
Metro in Vancouver

Federal Industry Minister James Moore apologized on Monday for making an "insensitive" comment to a reporter last week that child poverty is not Ottawa's problem.

"Is it my job to feed my neighbour's child? I don't think so," he chuckled to a Vancouver News1130 radio reporter, after saying the federal government is not going to "usurp the province's jurisdiction" over addressing child poverty.

At first, the B.C. MP insisted his comment had been taken out of context and also claimed the quote was inaccurate, but after the radio station posted the full audio clip on its website, he changed his tune.

"Caring for each other is a Canadian ethic that I strongly believe in — always have and always will," he said in a blog post published on his website on Monday.

B.C. has the highest child poverty rate in the country, at 18.6 per cent compared to the national rate of 13.3 per cent, according to advocacy group First Call.

Adrienne Montani, B.C. coordinator for First Call, said Moore's apology did not go far enough.

"He has a role as minister of industry to look at what kind of jobs, what kind of industries are getting federal government support and which kind aren't," she said.

"…Right now we need two parents to work in most families, so either bring down the cost of living, like childcare and housing, or raise wages, or make government subsidies better for those who the (job) market serves poorly and are on low wages. There are so many things they could do."

Moore did not make himself available for comment on Monday.

Industry Minister James Moore speaks in the House of Commons in October. ADRIAN WYLD/THE CANADIAN PRESS FILE

**In a tight spot**

**The Harper government scrambled to shove a genie back into the bottle as one of its most sure-footed cabinet ministers made insensitive comments about hungry children.**

- **Finance Minister Jim Flaherty defended the government touting its reduction of taxes to address income inequality.** "We did the Working Income Tax Benefit, which people in that area of work will tell you was the most important tax reform for persons with limited income since the 1950s," he said.
- **The NDP and Liberals called Moore's comments callous and heartless.** They accuse the government of failing hungry kids and poor families.

# Santa flanked by jets 'a lot of fun': Norad

The U.S. and Canadian military will entertain millions of kids again this Christmas Eve with second-by-second updates on Santa's global whereabouts. But there's something new this year: public criticism.

A children's advocacy group says an animated video on the NORAD Tracks Santa website injects militarism into Christmas by showing fighter jets escorting Santa's sleigh. It's a rare swipe at the popular program, which last year attracted a record 22.3 million unique visitors worldwide to its website.

The kerfuffle erupted over a 39-second video on noradsanta.org called "NORAD Tracks Santa Trailer Video 2013."

A five-second segment of the video, also available on YouTube, shows two fighter jets flanking Santa.

The Boston-based Campaign for a Commercial Free Childhood said the video brings violence and militarism to a beloved tradition. Blogs and Twitter also lit up with volleys from both sides.

U.S. Navy Capt. Jeff Davis, a NORAD spokesman, said he disagrees.

"We really do feel strongly that it's something that is safe and non-threatening, and not something that would negatively impact children," he said. "In fact, we think that it's a lot of fun." THE ASSOCIATED PRESS

A volunteer takes children's calls in the 2012 Norad Tracks Santa Operation. THE ASSOCIATED PRESS FILE

# Beauty queen shut out of ceremony

**Japan.** Last year's Miss International files criminal complaint against agency exec over alleged extortion

A Japanese beauty queen won't be handing over her crown to her successor after she refused to sign with a major talent agency.

Ikumi Yoshimatsu, winner of last year's Miss International contest, has filed a criminal complaint against a top agency executive alleging obstruction of business, stalking, intimidation and extortion.

She says he threatened her life after she formed her own management agency rather than use his.

**Controversy**

**The organizers confirmed they won't allow Yoshimatsu to appear because they don't want media coverage of the controversy to overshadow the event.**

The teary-eyed beauty queen told reporters on Monday the executive had threatened sponsors and shareholders, and she was barred from Tuesday's ceremony in Tokyo.

The executive, Genichi Taniguchi, denied doing anything to Yoshimatsu and said he holds no grudges against her. THE ASSOCIATED PRESS

Miss International 2012 Ikumi Yoshimatsu addresses a news conference in Tokyo on Monday. SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

## Indians pay tribute to fatal gang rape victim

Indian physiotherapy students hold placards at a rally on the first anniversary of the fatal gang rape of a young woman in New Delhi, India, on Monday. Students, Bollywood actresses and women's groups held rallies and candlelight vigils across India in memory of the 23-year-old physiotherapy student, whose fatal gang rape on a moving bus one year ago shook the nation's conscience. The victim, who cannot be named under Indian law, became a rallying cry for tens of thousands protesting the treatment of women. In some ways, the case cracked a cultural taboo surrounding discussion of sexual violence in a country where rape is often viewed as a woman's personal shame to bear. SAURABH DAS/THE ASSOCIATED PRESS

## Trial. Knox's solicitation of donations for victim an 'unbearable contradiction'

A lawyer urged an Italian appeals court on Monday to convict Amanda Knox of murdering British student Meredith Kercher and denounced as "unbearable" that the American was soliciting donations in Kercher's memory.

Francesco Maresca, in his closing arguments on behalf of the Kercher family in the third trial of Knox and co-defendant Raffaele Sollecito, urged the eight lay jurors on the panel of 10 to disregard publicity over the case as well as Knox's own statements, including her criticism of Italy's judicial system.

"She has become a well-known person. You know she signed contracts for millions of dollars for her book. She has someone who takes care of her public relations. She has a personal website where she invites people to collect donations in the memory of the victim, Meredith Kercher, which is an unbearable contradiction for the family," Maresca said.

Knox is soliciting donations on her website for her defence as well as an unspecified project in Kercher's memory.

Knox's lawyer, Carlo Dalla Vedova, said after the hearing that she was doing so out of the friendship she felt for Kercher, and that the criticism of her actions was irrelevant to the case.

Kercher, 21, was brutally murdered in November 2007 in the apartment she shared with Knox in the university town of Perugia. She had been raped and her throat slashed. Prosecutors claim Knox and Sollecito carried out the murder with a third man, Ivory Coast-born Rudy Guede, who is serving a 16-year sentence. THE ASSOCIATED PRESS

Amanda Knox
THE ASSOCIATED PRESS FILE

**Britain**

### Police to charge two people over offensive tweets

British police will charge two people over offensive tweets sent to a feminist activist, an online onslaught that sparked a national debate over the limits of free speech and pushed Twitter to revamp its abuse reporting worldwide. Prosecutors said Monday that 23-year-old Isabella Sorley and 25-year-old John Nimmo would be charged. THE ASSOCIATED PRESS

**Same-sex marriage**

### Methodist pastor defies church's Book of Discipline

A United Methodist minister in the U.S. plans to defy a church order to surrender his credentials for performing a same-sex wedding. Rev. Frank Schaefer said Monday he cannot uphold the church's Book of Discipline because he finds it discriminatory. The church accepts gay and lesbian members but rejects the practice of homosexuality. THE ASSOCIATED PRESS

**Rail traffic**

### Transport Canada gives green light to Lac-Mégantic

Rail traffic is set to resume in Lac-Mégantic on Wednesday, five months after a runaway train carrying crude oil derailed, exploded and killed 47 people. Mayor Colette Roy-Laroche says service will return on a gradual basis and that no dangerous substances will be transported through the Quebec town. THE CANADIAN PRESS

# Education for Saudi women is improving, but jobs still limited

**Women's rights.** Although females make up almost 58 per cent of grads, women hold only a third of jobs in the public sector

A veiled woman walking on Monday in Mecca, Saudi Arabia, where society is governed by a mix of ancient customs and conservative interpretations of Islam. Most women cover their face and by law must wear long flowing black abayas in public. AYA BATRAWY/THE ASSOCIATED PRESS

A sign at a university in Riyadh telling women what clothing is appropriate. THE ASSOCIATED PRESS

Within their female-only campuses, women at Saudi Arabia's universities let loose. Trendy sneakers, colourful tops, a myriad of hairstyles.

In their bags, the textbooks vary, but one item is mandatory: a floor-length black abaya robe that each must cover herself with when she steps through the university gates back to the outside world of the kingdom.

Saudi Arabia has spent billions of dollars to improve women's education, part of a broader drive to empower young Saudis for the marketplace. That has meant improved campuses, better facilities and research programs and a slight expansion in the curriculum for women. For years, Saudi King Abdullah has been making startling, if incremental, moves to ease restrictions on women in the kingdom, where the word of strict ultraconservative Wahhabi clerics is virtually law.

But a look inside the women's universities that have sprung up over the past decade illustrates how change only goes so far.

Women remain bound by a web of customs and religious strictures. They are ruled by the whim of male relatives whose permission is required for them to work, get an education or travel under "guardianship laws"

"No matter what happens, women are still bound by male guardianship laws and strict cultural norms," said Aziza Yousef, a professor at the women's college of King Saud University. THE ASSOCIATED PRESS

**Quoted**

**"Education itself will not change things ... They can be PhD's, but not know their rights."**

**Aziza Yousef, professor at the women's college of King Saud University**
Yousef says that Saudi women must be educated in a culture of rights.

# Friends say fake signer was part of murder mob

The bogus sign language interpreter at last week's Nelson Mandela memorial service was among a group of people who accosted two men found with a stolen television and burned them to death by setting fire to tires placed around their necks, one of the interpreter's cousins and three of his friends said Monday.

But Thamsanqa Jantjie never went to trial for the 2003 killings when other suspects did in 2006 because authorities determined he was not mentally fit to stand trial, said the four. They insisted on speaking anonymously because of the sensitivity of the fake-signing fiasco, which has deeply embarrassed South Africa's government and prompted a high-level investigation into how it happened.

Their account of the killings matched a description of the crime and the outcome for Jantjie that he himself described in an interview published on Sunday by the Sunday Times newspaper of Johannesburg.

Thamsanqa Jantjie, the bogus sign language interpreter. ITUMELENG ENGLISH/THE ASSOCIATED PRESS FILE

"It was a community thing, what you call mob justice, and I was also there," Jantjie told the newspaper.

Jantjie was not at his house Monday, and the cousin told The Associated Press Jantjie had been picked up by someone in a car Sunday and had not returned. His cellphone rang through to an automatic message saying Jantjie was not reachable.

Instead of standing trial, Jantjie was institutionalized for a period of longer than a year, the four said, and then returned to live in his poor township neighbourhood on the outskirts of Soweto. At some point after that, they said, he started getting jobs doing sign language interpretation at events for the governing African National Congress Party.

Jantjie told AP last week he has schizophrenia and hallucinated, seeing angels while gesturing incoherently just three feet away from U.S. President Barack Obama and other world leaders during the Tuesday ceremony at a Soweto stadium. Signing experts said his arm and hand movements were mere gibberish.

An investigation is under way by South African officials to determine who hired Jantjie as the onstage interpreter at the Mandela memorial service and if and how he received security clearance. The officials have not said how long their investigation will last, and reaching them for updates was difficult Monday, a public holiday in South Africa. THE ASSOCIATED PRESS

## Record appeal for Syrian aid

A Syrian man cries while holding the body of a child killed Sunday following a Syrian government airstrike in Aleppo, Syria. The exodus of millions of people from Syria prompted a record appeal by the UN on Monday for $6.5 billion to help the displaced. ALEPPO MEDIA CENTER/THE ASSOCIATED PRESS

**U.S. security**

## Gitmo prisoners transferred

Two Guantanamo Bay prisoners have been transferred to Saudi Arabia as part of a renewed effort to close the offshore U.S. prison.

U.S. officials say the two Saudis have been transferred to the custody of their own government after a security review.

Neither man had been charged with a crime. U.S. records show both were suspected members of al-Qaida and were considered to be at high risk of rejoining the terror group if released. THE ASSOCIATED PRESS

**France**

## Lab meat sold for eats

Meat from horses used in laboratory procedures was illegally sold as fit for human consumption and landed on French dinner tables, authorities said Monday.

The complex case raised new concerns about how France, with its rich culinary renown, polices its food supply. THE ASSOCIATED PRESS

Canadians did not feel flush with cash this year. SEAN KILPATRICK/THE CANADIAN PRESS

# Majority felt strapped for cash this year

**Haves and have-nots.** Albertans were most likely to feel better off, while Quebecers were feeling the squeeze

Sun Life Financial says 2013 wasn't a great year financially for most Canadians.

An Ipsos Reid survey conducted in November for Sun Life found that, overall, 57 per cent of Canadians felt they were not any better off financially than they were a year ago.

Those feelings were even stronger among women and those aged 55 and older, with 61 per cent of both groups saying their financial position had not improved year over year.

On the flip side, 38 per cent of those surveyed did say their finances had improved compared with a year ago.

Albertans were most likely to say they felt better off, at 47 per cent, followed by those in Saskatchewan and Manitoba, at 45 per cent, and Atlantic Canadians at 43 per cent.

Quebecers were least likely, with 63 per cent saying their financial position was no better than a year ago.

"It's concerning that a majority of Canadians aren't feeling better off financially than they were last year as we head into a holiday season where we tend to spend more and save less," Sun Life president Kevin Dougherty said of the results. THE CANADIAN PRESS

**A down year**

**57%**

The majority of Canadians felt they were not better off financially in 2013.

# The future is now: Google looks to robots

Google may build robots that resemble props in science-fiction movies as the ambitious Internet company expands into yet another technological frontier.

To gather the expertise and research it needs, Google has purchased eight companies that specialize in robotics this year.

Google Inc. completed its latest deal late last week with the acquisition of Boston Dynamics, a military contractor that has raised considerable initial buzz by releasing videos of a four-legged robot called Cheetah, which is capable of galloping past Olympian sprinters.

Another video shows a jumping contraption called Sand Flea that can leap onto tall buildings. THE ASSOCIATED PRESS

**Cream of the (tech) crop**

The acquisitions are being assembled into Google's new robotics division run by Andy Rubin.

- He oversaw Google's creation of the Android software that has emerged as the world's leading mobile operating system.

**Collabo Innovations Inc.**

## Panasonic assigns patent portfolio to Ottawa firm

Panasonic Corp. will assign about 900 patents and patent applications to a new subsidiary of Wi-LAN Inc., the Ottawa-based patent licensing firm announced Monday. The patents will be assigned to Wi-LAN's new subsidiary, Collabo Innovations Inc. THE CANADIAN PRESS

**$620M US**

## EU funding new rail technologies

The executive arm of the European Union says it will give $620 million US to a research program trying to develop new railroad technologies by 2020.

The European Commission said in a statement Monday it will fund the program, together with companies active in the railway industry including Siemens, Thales, Alstom and others. THE ASSOCIATED PRESS

**CREA prediction**

## Housing market to stay strong in 2014

The Canadian housing market is expected to be even stronger in 2014, while sales of previously owned homes will come in slightly better than expected this year, according to The Canadian Real Estate Association. THE CANADIAN PRESS

# Soaps. FDA wants makers of anti-bacterial products to prove safety, efficacy

After more than 40 years of study, the U.S. government says it has found no evidence that common anti-bacterial soaps prevent the spread of germs, and regulators want the makers of Dawn, Dial and other household staples to prove that their products do not pose health risks to consumers.

Scientists at the Food and Drug Administration announced Monday they are revisiting the safety of triclosan, the sanitizing agent found in soap in countless kitchens and bathrooms. Recent studies suggest triclosan and similar substances can interfere with hormone levels in lab animals and spur the growth of drug-resistant bacteria.

The government's preliminary ruling lends new support to outside researchers who have long argued that the chemicals are, at best, ineffective and at worst, a threat to public health.

While the rule only applies to personal hygiene products, it has implications for a broader $1 billion US industry that includes thousands of anti-bacterial products, including kitchen knives, toys, pacifiers and toothpaste. THE ASSOCIATED PRESS

The FDA is revisiting the safety of several chemicals. THE ASSOCIATED PRESS

**Quoted**

"The FDA is finally making a judgment call here and asking industry to show us that these products are better than soap and water."

Stuart Levy of Tufts University School of Medicine

**Market Minute**

**DOLLAR** 94.46¢ (+0.08¢)

**TSX** 13,184.41 (+58.71)

**OIL** $97.48 US (+$0.88)

**GOLD** $1,244.40 US (+$9.80)

**Natural gas:** $4.27 US (-$0.01)
**Dow Jones:** 15,884.57 (+129.21)

## Apple calls on China to boost iPhone sales

A woman talks to a salesperson at Apple's retail store in Beijing on Monday. Apple Inc. might have a chance to pep up cooling iPhone sales in China if it finally can reach a deal with the world's biggest phone carrier. Once China's must-have gadget, the iPhone has seen its popularity squeezed as the market filled with lower-priced rivals. That might change if it can gain access to China Mobile Ltd.'s network and a new pool of potential customers. NG HAN GUAN/THE ASSOCIATED PRESS

# FACEBOOK BUTTONS WE WOULD 'LIKE'

SHE SAYS

**Jessica Napier**
metronews.ca

What's not to like about Facebook? Plenty of things.

For years, users have been clicking the thumbs up icon to show their approval on everything from vacation photos to music videos to engagement announcements. But what happens when we come across those news feed items that aren't so likeable?

Facebook engineer Dan Muriello recently announced that the global social media site is experimenting with a new "sympathize" button to provide an alternative option to the iconic 'like.' I can think of a number of appropriate occasions to use this new option, especially for melancholy posts about breakups, deaths or other personal tragedies. The "sympathize" button would also work well when used to express a comical "I've been there man" on a status update about an epic hangover.

It may be some time before this new feature pops up on our screens, but in the meantime I'd like to propose some additional new tools that those software engineers might want to consider. Here are my top five most-wanted Facebook buttons:

**The 'dislike' button**. Realistically, the much-discussed 'dislike' button will never actually appear on the social networking site, but it's nice to dream. I know the potential for cyber bullying would be atrocious — but I'd love to have the option to give an enthusiastic thumbs down to yet another Rob Ford video.

**The 'seriously' button.** This button would be reserved for all those racist and homophobic outbursts or generally ignorant remarks that make you cringe and wonder how you are even possibly friends with this individual. Also appropriate to use on any overtly suggestive bathing suit photos and lengthy status updates full of hashtags.

**The 'OMG, if I see another picture of this baby, I'm going to lose my mind' button.** OK this one is pretty self-explanatory. Lately my news feed looks like a never-ending photo stream of offspring and it needs to stop. One or two snapshots of your newborn are lovely; posting a fresh 50-photo album every time the little tyke masters a new facial expression is completely gratuitous.

**The 'nobody cares' button.** A special feature designed for those users who don't seem to understand that over sharing the daily minutia of your mundane life isn't appropriate on Facebook (that's what Twitter is for). I'm looking at you, people who post multiple status updates whining about their flu symptoms in excruciating detail.

**The 'vomit face' button.** Sometimes nothing can encapsulate your feeling of total disgust like a putrid green, "I'm about to vomit," emoticon. This icon would be best suited for obnoxious humble brags, cheesy couple selfies, overly emotional song lyrics and anything to do with Robin Thicke. Bleugh.

Follow Jessica Napier on Twitter @MetroSheSays

## ZOOM

# The *really* old game of cat and mouse

THE ASSOCIATED PRESS FILE

### Domestication process verified

A cat-and-mouse game played out in a Chinese village some 5,300 years ago is helping scientists understand how wild felines transformed into the tame pets we know today.

In fact, it was the cat's appetite that started it down the path to domestication, scientists believe. The grain stored by ancient farmers was a magnet for rodents. And that drew wild cats into villages to hunt the little critters. Over time, wild cats adapted to village life and became tamer around their human hosts.

That's the leading theory, anyway, for how wild cats long ago were transformed and became ancestors of today's house cats. That happened in the Middle East, rather than China. But bones from the Chinese village back up the idea that felines took on the pest-control job in ancient times, says researcher Fiona Marshall of Washington University in St. Louis.

The study, focused on an agricultural village in northern China, comes from a poorly understood time in the history of cats. The first evidence of domesticated cats comes much later, in Egyptian artwork from about 4,000 years ago.

THE ASSOCIATED PRESS

**5,300 years ago in China**

- It's not yet clear whether the cats were from a local wild population, or were already domesticated and had been brought in from elsewhere. Either way, it shows that ancient cats filled the niche at the heart of the hypothesis about how domestication began.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

**According to a study released by Netflix, you are indeed not the only person who spent an entire weekend watching Breaking Bad. In fact, more than 60 per cent of subscribers are binge-watchers, to the tune of 2.3 episodes per sitting. Here are some shows that will allow you to continue the habit — at least until Better Call Saul arrives.**

CONTRIBUTED

### Twin Peaks:

It seems a little silly to recommend a pop culture staple, but everybody knows someone who has been affected by having never watched the immortal cult classic about a supernatural murder mystery in a rugged town inhabited by a surplus of unsavoury weirdos. Decide for yourselves if you want to add the movie to your experience.

### Terriers:

A short-lived but much-missed buddy-cop series that sadly managed to squeak out one season before collapsing under the weight of dismal ratings. Whether poor marketing or a too-crowded market is to blame for a premature demise, Terriers deserved better. Thankfully, the single-season arc ends about as perfectly as one could hope.

### Justified:

Since Deadwood, Timothy Olyphant has nailed the swaggering, handsome lawman shtick. That shtick is honed to a knife's edge as he plays Raylan Givens, a U.S. marshal rustling up ne'er-do-wells in his childhood stomping grounds of rural Kentucky. Justified tends to be overshadowed by prestige "Golden Age" shows, but reliably clever writing usually makes it far more entertaining than most hours of Mad Men.

Twitter

**@metropicks asked: Finance Minister Jim Flaherty says there's no plan to enrich CPP. Do you have a retirement plan?**

**@MiztressTia:** Retirement plan? Of course, to die in the hardware aisle while working at Walmart at the age 98!!

**@Gmc_gord:** 15% buy gold, 10% lotto max, 5% my kids become wealthy, 70% work damn hard and live within my means (tho I can't resist #Amazon)

**@ShonaLiz:** Death.

**@dan_giannini:** Yah save more than you spend. Put it in something that will grow over time. Keep doing it believe me it works!

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# Hating on bad history? Reign stars don't mind

**McQueen for a queen.** Cast of much-critiqued show argue they're just making a teenage drama — plus they get to wear haute couture, so there

MICHELLE CASTILLO
Metro World News

Adelaide Kane plays Mary, Queen of Scots, on Reign. CONTRIBUTED

The stars of Reign have heard all the criticisms about the historical inaccuracies the show — and that is completely fine with them.

"Anybody's certainly welcome to do the historically accurate take on it, but that quite frankly isn't our show.... There's been a lot of criticism about that, but at the end of the day we're making a bit of a fantasy," Torrance Coombs, who plays the role of Sebastian, explained.

"We're making a teenage drama," Adelaide Kane, who plays Mary, Queen of Scots, added. Kane admitted that she used to get defensive when people spoke out against the show, but decided to stop reading all the hate. She's having more fun working with the cast and crew, wearing extravagant clothing and portraying one of the most notorious nobles that has ever existed.

Kane only knew the basics about Mary, Queen of Scots, before signing on to Reign. She had been auditioning for different shows for the CW network when she heard about the show. After submitting a video diary explaining who she was and channelling her father's Glaswegian accent, the producers selected her to play the main role before the audition process even started.

Her co-star Coombs knew very little about the legend as well, but he had some experience playing nobility from his role of Thomas Culpepper on The Tudors. He admitted that arriving on set felt like a "homecoming" of sorts, until he noticed the differences in characters and mood of the show — and a notable lack of nudity.

He said Reign's elaborate costumes helped transform the 21st century actors into 16th century royalty. Costume designer Meredith Markworth-Pollack, whose past credits include Gossip Girl and Hart of Dixie, garbs the actors and actresses in designers like Alexander McQueen and Saint Laurent Paris.

Kane says the corsets can get annoying and needing help to get into her outfits can be a pain. Still, she's enjoying every minute of it.

"I get to wear haute couture that I would never normally wear," Kane said. "Like I'm not going to the Emmys, not a debutante, you know. I don't get to wear casual Alexander McQueen haute couture every day, so that's been amazing. And, you just get to wear leather a lot. Lots of leather."

**Quoted**

**"(At) the end of the day we're making a bit of a fantasy."** Torrance Coombs, who plays Sebastian on Reign

But, when the cameras stop rolling, Kane slips into her jeans and flats. The actors admit no one has any problems returning to the modern era. Cellphones and coffee cups are hidden just out of view.

"It's pretty hilarious," Kane added. "Yeah, everybody pulls their phones out of their boots or out of their corsets or whatever."

**DVD review**

## Prisoners

**Director.** Denis Villeneuve

**Stars.** Jake Gyllenhaal, Hugh Jackman, Terrence Howard, Viola Davis, Paul Dano

The first U.S. feature by Quebec's Denis Villeneuve (Incendies) is a superb child kidnap thriller set in suburban Pennsylvania that uncoils with a serpent's stealth — and strikes just as suddenly. There's no way to prepare for what's about to happen to this comfortable neighbourhood, and also to everybody's notion of what's right and what's wrong in desperate circumstances. Hugh Jackman is a frantic dad, prepared to resort to vigilante justice to find his missing six-year-old daughter. Jake Gyllenhaal is a square-jawed cop fighting the clock, legal bureaucracy and rising anger. The two lead a strong cast that also includes Terrence Howard, Viola Davis, Paul Dano and Melissa Leo. A runner-up audience award winner at TIFF 2013, Prisoners is a potent commentary on modern life and fears and a triumph for Villeneuve. Extras include cast interviews and making-of featurettes.

PETER HOWELL

SCENE

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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Prince Harry. ALL PHOTOS GETTY IMAGES

## So a smelly prince walks into a bar in Antarctica...

As Prince Harry continues his epic trek in Antarctica, he could really use a drink. But life, he's learning, is full of disappointments. Harry and his hiking buddies — including Dominic West and Alexander Skarsgard — arrived at a bar at McMurdo Station only to be denied service, according to Radar Online. "They were denied (drinks)," a source says. "Only staff and employees are allowed alcohol and tobacco." It probably didn't help matters that Harry and company weren't at their most presentable. "All three were very smelly and scruffy," the source adds. "They are only allowed two two-minute showers per week."

## Another star we don't want to see naked

Former Suite Life of Zack & Cody star Dylan Sprouse is the latest young Disney star caught up in a nude photo scandal, thanks to a pair of revealing selfies that hit the Internet over the weekend. The 21-year-old Sprouse, currently attending NYU, is owning up to it, at least. "Whoops, guess I'm not 14 and fat anymore," he tweeted. "I messed up, but I'd be a fool not to own up to it. Got to move past it, I suppose." He didn't make it through without enduring some gentle ribbing from his twin brother and former co-star, Cole Sprouse, who tweeted, "Cold in that bathroom, huh?"

Dylan Sprouse

## Hannah and French Montana? Not so fast

Miley Cyrus is fending off speculation that she's dating rapper French Montana after the pair were spotted sharing a warm embrace in New York City recently, according to Hollywood Life. "Miley was doing some post-show flirting with French Montana before leaving (Madison Square Garden) and heading to the afterparty," a source says, adding Cyrus was spotted "grinding" on Montana. Cyrus' response? "Don't hug your friends goodbye unless you want to be rumoured 'dating,'" she tweeted. "I want to think more of the world but people just keep proving their stupidity."

Miley Cyrus

The Word

## *What funny rumours have the stars heard about themselves?*

MEREDITH ENGEL
Metro World News in New York City

We were on the red carpet at this year's Jingle Ball concert at Madison Square Garden, where Miley Cyrus, Robin Thicke, Macklemore, Enrique Iglesias and many other stars took the stage. So many big stars in one room means many opportunities for misinformation, so we decided to help the stars out — we had them clear up the silliest rumour they've heard about themselves. Here's what they had to say:

**Ryan Seacrest**
**What is the funniest story you have ever read about yourself?**
That I can sing!
**You can't sing?**
I cannot sing. Just rap.

**Snooki**
**What is the funniest story you have ever read about yourself?**
That I dated Drake.
JWoww: How was it?
Snooki: It was great!

**Kellan Lutz**
**What is the funniest story you have ever read about yourself?**
I don't know how to read, so I don't know how to answer that question. No, I'm joking.

**Dr. Oz**
**What is the funniest story you have ever read about yourself?**
There was an article that I was having an affair with Oprah.
**Of all people! What did you think?**
It was a crazy idea.

**Austin Mahone**
**What is the funniest story you have ever read about yourself?**
Some person wrote about me saying that my favourite sport is surfing but I've never surfed in my life, so I don't know where they got that.

WITH FILES FROM MAJA LUNDAGER

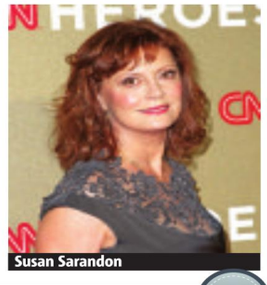
Rebel Wilson

## Rebel and Melissa don't plan to size down

Rebel Wilson and pal Melissa McCarthy are leaning on each other to resist pressures from Hollywood about their weight, according to Star magazine. "Neither one of them is trying to lose weight, and they've formed this little support group to keep each other from falling into the skinny Hollywood trap," a source says of the Bridesmaids co-stars. "Obviously, they could both snap their fingers and lose the weight because of the resources they have available to them — which could include everything from personal trainers to lap band surgery — but right now they're agreeing with each other that they have to hold the line and provide a positive image for overweight girls everywhere. There will be plenty of time for dieting years from now, but Rebel and Melissa are determined to stay at their current sizes for now."

## Susan's award-show highlights

Susan Sarandon has found a way to make boring awards shows more fun: going to them stoned. During a chat on Bravo's Watch What Happens Live, Sarandon was asked by Andy Cohen to name one event she'd shown up to stoned, to which she replied, "Only one?" After a laugh, the eight-time Golden Globe nominee, five-time Oscar nominee and four-time Emmy nominee candidly offered, "I would say almost all except the Oscars."



Susan Sarandon

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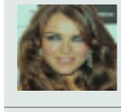

**@ElizabethHurley**
My parrot Ping Pong has mastered my phone ring. Endearing but annoying.

**@kirstiealley**
if I was a stripper I would have breast implants put in my shoulder blades just to throw guys off

**@kevinbacon**
Judging by the Holiday sweaters and Santa pins it's clear that flight attendants love Xmas

# Hungover, but healthy

ROMINA McGUINNESS
Metro World News

December is the one month when it's OK to be tipsy 24/7. Health and fitness experts tell us how to deal with a hangover.

## 1. Replenish lost fluids

Alcohol functions as a diuretic, pulling the water out of your body.

"When this happens, you lose a lot of electrolytes (calcium, potassium and magnesium), and that's one of the reasons we feel terrible," says London-based nutritional therapist Gabriela Peacock. "Water gets transported back into your bloodstream much more quickly if the electrolytes are present. So the best way to rehydrate is to get these back in your system by drinking something containing these, such as coconut water."

## 2. Eat eggs and avoid a comedown

"Eggs contain high levels of protein and sulphur, two things that help get the toxins out of the liver," says Peacock. "The high protein content also increases the production of serotonin, a neurotransmitter in the brain that helps elevate our moods. So if you're feeling cranky after a night out, eating an egg helps. They're also a great source of B vitamins (depleted when we drink) that the liver needs in order to break down the ethanol."

## 3. Purify your insides

"Kale, broccoli, artichoke… these are all fantastic for liver regeneration," Peacock tells us.

Try steaming them and sprinkle with some spices.

"Turmeric and cinnamon stimulate the liver and ginger helps beat nausea."

## 4. Drink to de-puff

"Alcohol causes bloating, so drink some lemon-and-parsley (an anti-inflammatory) infused water to de-swell. Fill up two bottles of the pre-prepared brew, and keep one by your bed (for when you get home) and one in the fridge (for when you wake up)," Ary Nunez, Rihanna's personal trainer, said.

## 5. Go for a spin (if you can stand up straight)

If you're feeling queasy, you need to evaluate if you can actually move.

"Sit up straight (in your bed) and cross your legs. Now close your eyes and spend about 10 minutes breathing through your nose (the most efficient way of circulating oxygen) to figure out how you're feeling," says Nunez. "If you can make it to the gym, go to a one-hour spinning class."

## 6. Freeze your face

"Always keep gel ice packs in the freezer as this helps take out puffiness from under the eyes after a hard night out," says LA-based dermatologist Dr. Debra Jaliman, author of Skin Rules. "You can also take an over-the-counter antihistamine like Benadryl or apply an eye cream that contains caffeine (it constricts the blood vessels and decreases the blood flow under the eye) to improve the appearance of dark circles."

## 7. Scrub away the dirt

"I love sonic cleansing systems, such as the Clarisonic brush, because I really feel they help exfoliate and give the skin great glow," says Jaliman.

"If you don't have a brush, pick a gentle exfoliator, making sure it contains glycerin or ceramides, and spend about two minutes washing your face to get rid of all the grime."

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# Give that canned chef the boot with your own beefy pasta

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This recipe serves six. ROSE REISMAN

**Ingredients**

8 oz small-shell pasta

**Meat Sauce**

- 1 tsp vegetable oil
- 2/3 cup finely chopped onion
- 1 1/2 tsp finely chopped garlic
- 8 oz lean ground beef
- 1 cup tomato sauce

**Cheese sauce**

- 1 1/4 cups canned evaporated 2% milk
- 3/4 cup low-sodium beef stock
- 1/2 tsp Dijon mustard
- 2 tbsp all-purpose flour
- 1/2 cup shredded aged cheddar cheese
- 1/4 cup grated Parmesan cheese (1 oz/30 g)
- 2 tbsp chopped parsley

**1.** Preheat oven to 425 F. Lightly coat a 9- × 13-inch casserole dish with cooking spray.

**2.** Bring pot of water to boil. Add pasta and cook 10 minutes or until tender but still firm. Drain; place in casserole dish.

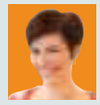
**3.** Meat sauce: Heat vegetable oil in skillet over medium heat. Add onion and garlic and sauté 4 minutes or until softened. Add ground beef and cook, stirring to break up meat, 4 minutes or until no longer pink. Stir in tomato sauce, cover and cook 5 minutes. Set aside.

**4.** Cheese sauce: Combine milk, stock and mustard in saucepan. Slowly whisk in flour. Place over medium heat and stir until mix begins to boil. Reduce heat to low and simmer, stirring occasionally, 5 minutes or until sauce is slightly thickened. Stir in cheddar cheese and half the Parmesan cheese and stir until melted. Remove from the heat and add to the meat sauce.

**5.** Pour sauce over the cooked pasta and stir to combine. Sprinkle with remaining Parmesan and bake in the preheated oven for 10 to 15 minutes or until completely heated through. Garnish with parsley.

**Health Solutions**

## *Everybody say, 'goat cheeese'*



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Every party needs a cheese platter but it doesn't have to be boring or unhealthy.

Think about a theme that goes for the goat.

Goat's cheese isn't just the soft variety that started showing up on pizza in the '80s. Many varieties are now using goat's milk for its health and flavour benefits.

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Some fun ways to bump up your platter are:

- Soak a log of chevre in extra virgin olive oil, minced garlic and chopped olives. Warm for 10 minutes and serve as spread.
- Place a chunk of feta on a platter, surround with walnuts, sprinkle with cinnamon and drizzle with honey.
- Goat's Brie goes remarkably well with pears and stout beer.
- Aged goat's cheddar is just as yummy as cow's. Think about serving it alongside apple pie.

Goat's cheese provides all of the calcium, phosphorus, riboflavin and vitamin A you want from your cheese but with that little extra zip.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

# Vegetarian with a kick: Baked Tomato and Cheese Penne

Tomato pesto gives this meatless, cheesy pasta bake an extra tomato kick. It's great for serving a crowd, or bank the leftovers for another night for the family.

**1.** Preheat oven to 400 F (200 C). Grease 13 X 9-inch (3 L) glass baking dish.

**2.** In large pot of boiling salted water, cook pasta for 5 minutes; drain. Pasta will not be tender.

**3.** In large saucepan, heat oil over medium-low heat; cook onion for 8 to 10 minutes or until softened. Stir in garlic; cook for 30 seconds or until fragrant. Add tomatoes and their juices. Using potato masher, crush them in the saucepan. Stir in pesto. Increase heat to medium; cook for 8 to 10 minutes or until flavours have melded and sauce is hot.

**4.** In large bowl, toss pasta in hot sauce. Scrape into prepared baking dish. Top with shredded cheese. Bake uncovered for 15 to 20 minutes or until cheese is melted and browned.

COURTESY PRESIDENT'S CHOICE

**Ingredients**

- 1 pkg (454 g) PC Splendido Penne Rigate
- 2 tbsp (25 ml) olive oil
- 2 cups (500 ml) chopped white onion
- 4 cloves garlic, chopped
- 2 cans (each 796 ml) San Marzano tomatoes
- 1 jar (270 ml) PC Splendido Tomato Pesto
- 1 ball (340 g) mozzarella cheese, shredded

# Dinner. Caesar Squash Pappardelle

**1.** Bring a large saucepan of salted water to a boil. Add the pasta and cook according to package directions.

**2.** About 4 minutes before the pasta is done cooking, add the butternut squash. Then 2 minutes later, add the zucchini. Cook everything for another 2 minutes. Reserve 1/3 cup of the cooking water, then drain.

**3.** Transfer the pasta, squash and zucchini to a large bowl. Add the garlic, fish sauce, black pepper, olive oil and reserved cooking liquid. Add the Parmesan cheese and parsley, tossing the pasta to thoroughly coat everything and melt the cheese. Serve.

THE ASSOCIATED PRESS

**Ingredients**

- 1 lb pappardelle pasta
- 1 small butternut squash, peeled, seeded and thinly sliced
- 1 medium zucchini, thinly sliced lengthwise
- 3 cloves garlic, minced
- 2 tbsp fish sauce
- 1 tsp ground black pepper
- 2 tbsp extra-virgin olive oil
- 1 cup shredded Parmesan cheese
- 1/4 cup chopped parsley

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# Santa isn't the only one who's stressed this holiday season

**The holiday's hardest workers.** While you're settling onto the sofa this season, give a thought to those whose jobs don't halt once the halls are decked

KIERON MONKS
Metro World News

Increasing numbers of us will not be taking a time out for Christmas. These are some of the most unfortunate professions to be in over the holidays.

**Paramedics**

A sharp spike in alcohol-related injuries make this the nightmare season for ambulance staff, and their patients are often violent as well as difficult to treat.

**McDonald's**

The world's second largest restaurant chain (after sandwich chain Subway) has pressured franchises to open on Christmas Day, which had been the only day it closed. Employees have petitioned the company to change their minds, but the restaurants will open, with no holiday pay or overtime for staff.

**Sports stars**

Not normally deserving of sympathy, but while most people are eating themselves into a coma, athletes are sprinting around frozen fields and playing matches that the hopes of millions rest on.

The U.S. basketball season arranges a number of top clashes for December 25, while British footballers can forget spending time with their loved ones.

**Plumbers**

The season of frozen pipes means the people that fix them are constantly on call, and as families push their homes to the limit, emergencies are far more likely. Plumbers are also under severe pressure to resolve problems quickly so the occasion is not interrupted.

**Samaritans**

At peak time for suicides and depression, the U.K. suicide prevention charity offers 24-hour support to people in crisis. Conditions can be bleak, too, for staff managing the phones, sacrificing their holiday to work around the clock offering hope to the hopeless, as well as a punching bag for abuse.

Honourable mentions for: the soldiers, the security guards, vicars, chefs and reporters for 24-hour news channels.

In many countries, paramedics take longer shifts over Christmas, including December 25, so the thankless task lasts longer. ISTOCK

# Only fools rush in ... to an overindulgent Xmas

Sweeney reminds us that exercise doesn't have to be all or nothing. Do 10 minutes if you can't do an hour. GETTY IMAGE

**Alison Sweeney.** Host of The Biggest Loser is keen to set a good example for her kids by having a healthy, disciplined holiday

MAJA LUNDAGER PEDERSEN
Metro World News in NYC

We recently sat down with Alison Sweeney, host of The Biggest Loser and the new leader of California Almonds' team of lifestyle experts, for a talk about health and holidays.

During our chat, one thing became clear: No Christmas miracle will save your weight. Whereas many resort to telling themselves that during the holidays calories don't count, Sweeney doesn't buy into that theory — and it shows in her food choices and the way she raises her children.

"Getting carried away and looking at it like 'Oh, I'll figure it out later,' is not a good idea," she tells us. Her go-to snack at holiday parties is vegetables — just that. She wants to set a good example for her kids, she says.

"I have an 8-year-old and a 4-year-old and I want to instill in them healthy nutritional values. I want them to be used to making healthy choices themselves," Sweeney, who is also author of The Star Attraction and The Mommy Diet, says.

But that doesn't mean cutting out fun, period. "I don't want them to feel like they can never have something indulgent, but (I want them to) also know how to control their portions."

She doesn't understand why people would ever lie to themselves about what is healthy and what is not.

"You need to arm yourself with the information. If you want to eat (whatever you feel like eating), go for it, but go in knowing what you are really eating and how many calories are really in it. Don't let them fool you, don't fool yourself. Be honest with yourself about what you put in your body and maybe you will make better choices. At least you will make educated ones."

**Goals for 2014**

• **Question.** On Twitter Sweeney asked people what their 2014 healthy goals are. She shared her favorite answers with us:

**"Some of the ones that I loved hearing people talk about were wanting to make healthier choices with their children. What can we do together as a family to work out? Lot's of people responded that they want to get more sleep, which is definitely something I need to work on. I liked people talking about finding time to work out. It doesn't have to be all or nothing — if you can't make time for an hour-long workout, that doesn't mean you shouldn't do anything. You can still find 10 minutes to do some squats or lunges. Get something in."**

The sun and sea of Florida comes at a price. ISTOCK

# Prepare for the pitfalls before spreading your snowbird wings

**JOLT act.** If it passes in Congress, more Canucks swapping snow for sun will face income and real estate tax bills, and more

YOUR MONEY
Alison Griffiths
money@metronews.ca

I've been a (working) snowbird in Florida for five years and love it. My husband and I feel very fortunate. But, like everything else, there's a learning curve.

Aside from learning how to live in two countries, there are tax and real estate considerations. This is especially true since the Jobs Originated through Launching Travel (JOLT) Act was proposed in the spring. Among other things, the act would extend the time Canadians buying homes for $500,000 or more can be in the U.S. without a visa from the current 182 days to 240.

The JOLT Act didn't make it through Congress this fall, but it's likely to pass on reintroduction if pressure to reduce the real estate benchmark and make tax changes is successful.

It will be great to have the flexibility. However, it could mean that more snowbirds are subject to U.S. income and estate tax because they will be deemed U.S. residents.

The formula for determining U.S. residency is a bit complex but essentially amounts to an average of 120 days annually over three years. That means some snowbirds are already considered U.S. residents but don't know it. The whole point of JOLT is to benefit the $130-billion US travel industry. So I suspect that tax changes will be included when the act is eventually passed, otherwise Canadian snowbirds will steer clear of Uncle Sam by keeping their winter sojourns shorter.

**And one more thing...**

• **Health care.** Another important issue for snowbirds is health care. Provincial health plans don't cover you if you're out of the country more than six months and you may have to re-establish residency in order to qualify again.

In the meantime, anyone who spends an extended period of time in the U.S. and is not working or studying should file Form 8840, Closer Connection Exemption Statement for Aliens. Essentially, it's a declaration of Canadian residency.

Snowbirds should also maintain a log of when they cross the border and keep on hand copies of credit card statements, income tax assessments and property taxes, just in case there is a question about where you are a permanent resident.

Don't try to cheat! Next summer a new system will track not only when you enter the U.S., but also your departure. The other issue for snowbirds owning a U.S. home is that if the Canadian owner or a joint owner dies, the U.S. property may be subject to estate tax, but only if you're wealthy.

Also, there may be Canadian tax on capital gains to be paid for a second home in the U.S. or tax on rental income. Canadians who bought property at bargain prices between 2008 and 2012 could make substantial gains if the market eventually moves back to more normal levels and if the loonie continues to slide.

Enjoying the snowbird life isn't as simple as it was years ago. But if you take your time, follow all regulations to the letter, use a U.S.-based lawyer for real estate transactions and keep on top of developments through organizations such as the Canadian Snowbird Association you'll find, as I do, that the winter-less life is really quite fine.

# When you gift upon an office

**Professional presents.** Gift-giving around the watercooler takes a little extra effort and etiquette

TINA CHADHA
Metro World News

How do you give your boss a little something without looking like a brown-noser? What kind of Secret Santa gift do you get that guy from accounting that you've never spoken to? Nicole Williams, LinkedIn's career expert, weighs in on what's appropriate for under the office tree.

**Should you give a gift to your boss?**

"Personally, I think it's wise to give your boss something around the holidays," Williams tells us. "Giving a gift acts as a thank you for their mentorship and guidance throughout the year. A heartfelt handwritten note is often the best gift. Gift cards, bath sets, knick-knacks often get regifted or forgotten. However, I have saved several handwritten notes I've received from employees over the years."

**You've got the write stuff**

**"A heartfelt handwritten note is often the best gift."**

**Nicole Williams**
LinkedIn's career expert

**If you are a manager, should you give something to your team/ department?**

"If your team went above and beyond this year — give them a treat," she recommends. "Check in with your supervisor to see if there is any money in the budget for something like this. If not, see if you can pool your resources and plan a pizza party for the office or tab at the local watering hole. Or, invest in an office ping-pong table."

**If you are giving to one or two co-workers, should you really give something to the whole team/department?**

"You shouldn't feel obligated to get a gift for everyone you work with. If you did that, you'd go broke come New Year's. Williams also has advice on when to present your colleagues with presents. "Give these gifts away from the office. No need to rub your other co-worker's nose in your presents," she says.

**Perfect gift for the boss**

"The gift has to say so much: 'Thank you,' 'Please give me a raise,' 'I'm classy yet poor,'" says Williams. "It has to be personal, but not too personal. Gifting your boss something they can use every day and that make their lives easier is often the best gift of all." She suggests a set of adjustable collar stays by Swiss Stays for a male boss. "This is the type of gift that is personal …but not too personal," says Williams. And for a female she likes the Minimergency Kit by Pinch Provisions — "a chic little emergency beauty kit to keep at her desk."

As if shopping for your family wasn't hard enough — holiday gift-giving in the workplace can be yet another tricky dilemma. ISTOCK

# Show appreciation to designated drivers

For those who love to entertain, the holidays are a much anticipated opportunity to be the gracious host of a great party. Inviting friends and family to a festive night out is a form of giving and a way to show we care.

But the tone can turn sour if the host suddenly has to play "the heavy" when a guest has had too much to drink, especially if that guest is planning to drive.

What does a caring host to do? One solution is to fill your guest list with designated drivers.

As it is with many circumstances, prevention is the best remedy. Hosts who want to relax and worry less about consequences at their party can encourage guests ahead of time to volunteer as a designated driver.

By keeping a few basics in mind, hosts can help to ensure a safe and positive experience for everyone, including the designated drivers, as follows:

By keeping a few basics in mind, hosts can help to ensure a safe and positive experience for everyone, including designated drivers. LLASZLO/SHUTTERSTOCK

• Advance planning is key — ask guests to volunteer well before the party.
• Let everyone know you will serve alcohol-free drinks.
• Remind volunteers that a designated driver abstains from alcohol.
• Ask those who plan to drink to leave their vehicles at home.
• Keep the inconvenience to designated drivers to a minimum by matching them with passengers who live close to their home. Tell them you will ask someone else to take a turn driving next time.
• Personally thank designated drivers for helping to keep our roads safe.

NEWS CANADA

## Hosts. Ensuring safety of your guests

A lot of preparation goes into a memorable holiday party. It starts slowly with sending out invitations and dusting off the decorations days or weeks ahead of time, then gains speed from grocery shopping all the way through to placing the final sprig of parsley on the canapés.

After all the hustle and bustle, it's tempting to think the prep is over when the first guest arrives at the door, but seasoned hosts know the doorbell signals that the next round of planning is just beginning.

Know that being a host comes with responsibilities to your guests.
ALAN BAILEY/SHUTTERSTOCK

"Every successful party needs a happy ending," said Charlie Angelakos, the vice-president of corporate affairs at Labatt Breweries of Canada. "Hosts need to play a role to ensure the safety of their guests and communities, and that means preventing their guests from drinking and driving."

Here are a few tips to help hosts with the in-party planning:

• Offer alcohol-free drinks. Remind volunteers that a designated driver abstains from alcohol.
• Recognize the signs of intoxication in your guests such as fast/slow/loud/slurred speech, the physical clumsiness or lack of alertness, tiredness, red eyes or heavy eyelids.
• Explore the options. Assign a sober companion to get the guest home safely. Call a friend or relative to pick up the guest, or provide them with money for a taxi.

NEWS CANADA

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Patrick Kane, left, celebrates one of his 19 goals this season with teammates Jonathan Toews and Duncan Keith last month in Dallas. Kane is two points behind Sidney Crosby's 47 for the league lead. RONALD MARTINEZ/GETTY IMAGES

# Kane raising game to rare level in Chicago

**NHL.** Former London Knights star challenging Crosby as league's top point getter

Patrick Kane is trying to do what no Blackhawk since Stan Mikita has done: Win the NHL scoring title.

Mikita was the last Chicago player to collect the Art Ross Trophy in 1967-68. If he keeps up his current pace, Kane could end that 46-year-old drought.

Kane, second behind Sidney Crosby, wasn't even aware of the Chicago dry spell.

"Roenick, maybe?" he said when asked to name the last Blackhawks winner during the defending Stanley Cup champions' visit to Toronto on Saturday.

Nope. Jeremy Roenick's best finish was fifth in 1993-94. Chicago dominated for a decade ending in 1968. Mikita won four times, Bobby Hull three. Since then, nothing.

"Oh, that was a ways back," Kane said, his eyes growing wide.

Wayne Gretzky (10 times) with Edmonton and Los Angeles dominated the 1980s and early 1990s, while the Penguins ruled over the last 20 years with 14 titles by Mario Lemieux (six) Jaromir Jagr (five), Evgeni Malkin (two) and Sidney Crosby (one).

**Hard work in Windy City**

**Patrick Kane doesn't take many nights off. Before his current nine-game point streak, he had put together a 12-game roll and has kept off the scoresheet only seven times this season — twice since November.**

Kane is only two points behind Crosby, who has 47 points after scoring in the Penguins' 3-1 win over the Toronto Maple Leafs.

This year, Kane, who played junior with the London Knights, has also reportedly toned down his party-loving image off the ice.

"He's a guy who has matured, at least it looks like he has," Toronto coach Randy Carlyle, whose Leafs played the Blackhawks Saturday, said. "He's more comfortable on the ice. He never seems to be under pressure when he has the puck." TORSTAR NEWS SERVICE

## NHL. Thornton appealing 15-game suspension for attack on Penguin Orpik

Bruins tough guy Shawn Thornton has decided to appeal his 15-game suspension for punching and injuring unsuspecting Penguins defenceman Brooks Orpik.

As laid out in the collective bargaining agreement, the appeal first goes to commissioner Gary Bettman. If Bettman upholds the suspension, Thornton and the NHLPA can then elect to appeal to a neutral arbitrator. THE CANADIAN PRESS

The Bruins' Shawn Thornton is appealing his 15-game suspension. CHARLES KRUPA/THE ASSOCIATED PRESS

## UFC. Jones, Gustafsson support GSP's decision

UFC light-heavyweight champion Jon (Bones) Jones is backing Georges St-Pierre's decision to give up his title and walk away from the sport.

"I'm proud of him," Jones said in an interview from Sacramento, site of the UFC's weekend televised card. "I think he's listening to his body and he's doing what makes him happy and that's what life is about, ultimately."

Calling his life a "freaking zoo," St-Pierre announced Friday that he was leaving the sport for an undetermined period of time to look after undisclosed personal issues. He is ranked No. 2 behind Jones on the UFC's pound-for-pound top fighter list. THE CANADIAN PRESS

**Quoted**

**"If he thinks that's the right decision, I understand.... Only he knows what's best for him."**

**Alexander (The Mauler) Gustafsson,** on Georges St-Pierre's decision to take a leave from mixed martial arts.

**Sports in pictures**

**1 College basketball.** Canuck named player of week

Canada's Michelle Plouffe has been named NCAA player of the week by espnW. The senior forward from Edmonton is averaging 19.6 points and 11.4 rebounds a game this season. THE CANADIAN PRESS

**2 NFL.** 'Skins coach has no plans to resign

Washington Redskins coach Mike Shanahan said Monday it's "accurate" that he doesn't plan to quit after what will be his third losing season in four years. The Redskins are 3-11. THE ASSOCIATED PRESS

**3 NFL.** Source: Incognito out for rest of year

Miami Dolphins guard Richie Incognito will remain on the NFL's suspended list with pay for the rest of the season, including the playoffs, a person familiar with the situation said Monday. THE ASSOCIATED PRESS

## Horoscopes

### ♈ Aries
**March 21 - April 20**
There are times when it is right to back down but this isn't one of them. If you find yourself under attack today, stand up and fight back. Don't be intimidated by noise makers.

### ♉ Taurus
**April 21 - May 21**
You may feel compelled to accept what is offered but if you are not happy with the terms, speak up or there will be trouble further down the line. You are not being selfish by holding out for more.

### ♊ Gemini
**May 22 - June 21**
The full moon in your sign suggests at least one challenge is heading your way and it is important that you face up to it. Don't let anyone bully you.

### ♋ Cancer
**June 22 - July 23**
Do others have your best interests at heart? Why leave it to chance? Money matters and business issues are a minefield, so tread carefully and make sure you are not being cheated.

### ♌ Leo
**July 24 - Aug. 23**
You may be brave by nature but taking risks is best avoided today, especially on the home front where loved ones are unlikely to see the funny side of your pranks — and even less if they have to come and rescue you.

### ♍ Virgo
**Aug. 24 - Sept. 23**
Someone will be aggressive towards you today. What have you done to deserve being treated harshly? Probably nothing but they may see it as getting you back for something you previously did. Let it pass.

### ♎ Libra
**Sept. 24 - Oct. 23**
You can be persuasive at times but don't go too far and demand that people change their views. Communication is about the exchange of ideas, not forcing your ideas on those who clearly don't want them.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
Someone will give you a hard time today and you are not the sort to back down. However, if you find yourself battling someone in a position of power, don't take it too far.

### ♐ Sagittarius
**Nov. 23 - Dec. 21**
If you know what is good for you, keep a low profile over the next 24 hours. A full moon in your opposite sign means you will encounter people who rub you the wrong way. You don't have to interact with them.

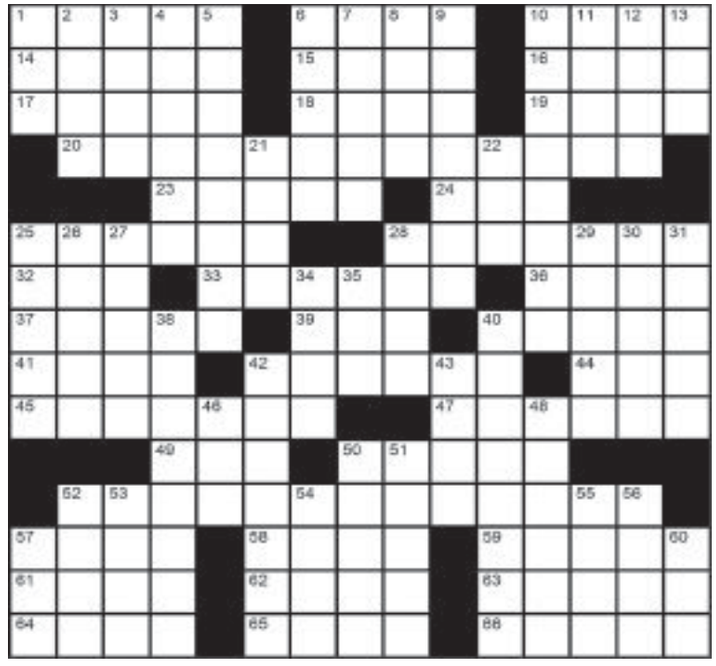
### ♑ Capricorn
**Dec. 22 - Jan. 20**
Don't waste your time arguing about something that is trivial. If you find yourself losing your temper with someone who refuses to see sense, just turn your back and walk away.

### ♒ Aquarius
**Jan. 21 - Feb. 19**
Today's full moon indicates that your differences with a certain person are too strong to pretend they do not exist. If a parting of the ways is necessary so be it. You'll be better off.

### ♓ Pisces
**Feb. 20 - March 20**
Accidents will happen but that does not mean they have to happen to you. If you look for adventure, you will find it. It may be fun to begin with but later on it will be you who slips and falls. **SALLY BROMPTON**

## Crossword: Canada Across and Down

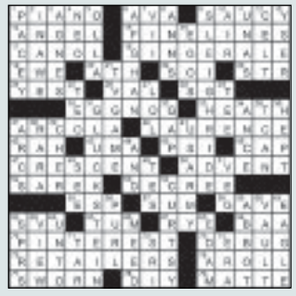
See today's answers at metronews.ca/answers.
**BY KELLY ANN BUCHANAN**



**Across**
1. "That's great!": 2 wds.
6. Catch
10. Cheerios uniform letters on FOX's "Glee"
14. John __ (Tractor company)
15. Breadbasket item
16. Prefix with 'tude' (Elevation)
17. Opera highlights
18. Be goofy, __ _ fool
19. Canuck coffee spot, to regulars
20. Members of this intergovernmental forum include Canada and Iceland: 2 wds.
23. Without a __ __ stand on
24. "What??"
25. "Psst!" from above: 2 wds.
28. Maple Leafs great Doug
32. Society notice word
33. "We Three Kings of __ Are"
36. Feminizing suffix
37. Paw parts
39. Canuck motorists org.
40. "And now, the __ __..." - Paul Anka, "My Way"
41. __ Space Museum of Calgary
42. Jeff __, Animal Planet host
44. Hot season in Hull
45. Surname of the Prime Minister who won the Nobel Peace Prize in 1957
47. __ _ __ (How dishes are often sold)
49. Critical
50. Twin brother of Romulus in Roman†mythology
52. Reason for some animal extinctions: 3 wds.
57. KISS ballad
58. Shoe parts
59. Stanley of "Julie & Julia" (2009)
61. Not fooled by: 2 wds.
62. Fort __, ON
63. 1911 Edith Wharton novel, __ Frome
64. On
65. Mail
66. __ __ evil, hear...

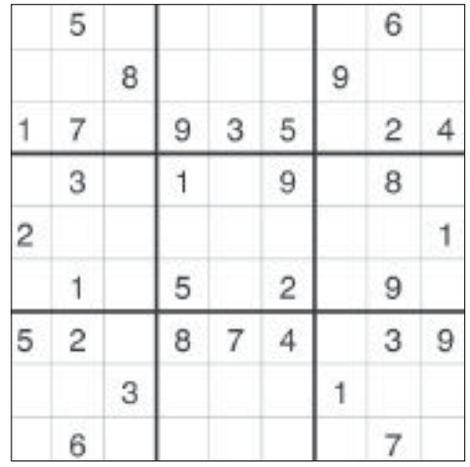
**Down**
1. Harem room
2. Wife of Zeus
3. Skating great Johnny
4. Prophet
5. Mythical setting of HBO's "Game of Thrones"
6. Land stretch
7. Celebrity chef Mr. DiSpirito
8. Sax sort
9. Acclaim
10. "Stereo" band from Winnipeg, The __
11. Nero's 1052
12. WWW code
13. "__-boom-bah!"
21. Disney CEO, Bob __
22. Void, in Paris
25. Open the bottle
26. Point __ (Canada mainland's most southerly tip)
27. Supremes' "I __ _ Symphony"
28. Chew
29. Waves: French
30. Join
31. Adjust anew
34. Picture
35. Hearer
38. North Pole: Santa's __
40. Master bedroom must-haves
42. Phoenix players
43. Shakespeare's foot?
46. French possessive
48. Shrewd
50. River of Germany
51. Facilitated
52. Temporarily gave
53. Director Mr. Preminger
54. Fairway warning!
55. Be sore
56. Coast-to-coast road, famously
57. Designer gown accessory
60. She gave Odysseus a veil

## Yesterday's Crossword



## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



## Yesterday's Sudoku

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